



Find your balance

Set a routine and establish boundaries to increase productivity and reduce stress.

We're still coping with the work and lifestyle changes brought on by COVID-19. While some employees will continue to work from home, others are transitioning back to on-site work. No matter what lies ahead, it's important to set a daily schedule for work that can help you stay on-task and establish boundaries. When you start to put your health first and restructure your days to prioritise wellbeing, you'll not only have time for the things you love, you'll be more productive and focused at work, too.

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MONTH '21

How are you finding your balance? Share your story using the hashtag [#mywellbeingmonth](https://www.instagram.com/mywellbeingmonth).

A close-up photograph of a person's hands holding a smartphone. The phone's screen shows a video call with an elderly woman with short, curly white hair and glasses, wearing a patterned top. She is smiling broadly. In the bottom left corner of the phone's screen, a small inset shows a younger woman. The background of the photo is a blurred indoor garden with various green plants and pots.


Eliminate the stigma

Prioritise your mental health by connecting with loved ones, utilising the available supports, and taking time for yourself each day.

There can be no health without mental health. Our mental wellbeing and physical wellbeing are closely connected, and with mental health issues on the rise, we need to draw more attention to this important issue. An increased emphasis on mental health in the workplace and at home is imperative. By making resources easily accessible to employees and prioritising our own mental health, we can create a culture of acceptance around mental illness and become the best versions of ourselves.

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It's time we normalise talking about mental health. Tell your story using **#mywellbeingmonth**.



Fuel your brain

Healthy, nutritious meals are the key to an energising and productive day.

When you choose nutritious foods, your body and mind reap the benefits. Stock your kitchen with vegetables, fruits, whole grains, and lean protein. Pre-portion healthy snacks to keep your energy levels up throughout the workday to avoid the afternoon slump. Keep a reusable water bottle at your workstation. These easy tricks will become healthy daily habits before you know it!

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What are your favorite healthy food swaps? Tell your story using [#mywellbeingmonth](https://www.instagram.com/mywellbeingmonth).

Wellbeing

for all



Make wellbeing work for you.

Health is a right, not a privilege. Understanding how the social determinants of health impact our health outcomes is an important first step to overcoming any barriers to health equity in and outside of the workplace.

We all have different needs, interests, and abilities when it comes to health and wellbeing. Look to your support networks – such as your employer, community, and peers – for guidance and resources to help you discover the best path to optimal wellbeing.

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What are your tips for staying happy and healthy? Tell your story using [#mywellbeingmonth](#).

A photograph of two women exercising outdoors on a green mat. The woman on the left is wearing a grey tank top and a white face mask, looking down. The woman on the right is wearing a dark blue tank top with light blue trim, black leggings, and a white face mask, performing a lunge with her hands clasped in front of her. The background is a dark, textured ground.

Make time

for movement

A one-hour workout is just 4% of your day. You've got this!

No gym? No problem! Set the alarm and go for a run before work, walk on your lunch break, take a virtual exercise class, or try yoga or light stretching before bed. The options are endless! Pick your favorite way to fit in movement and commit to your own health and happiness today.

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How do you stay active during the workweek? Tell your story using **#mywellbeingmonth**.

LEARN



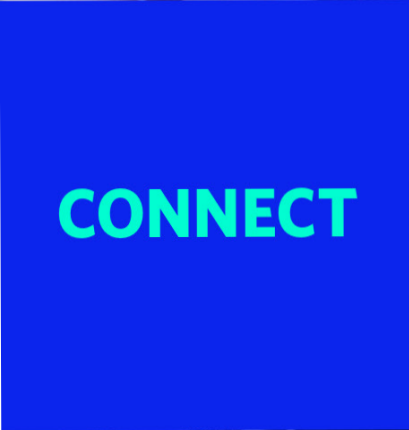
GROW



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#EmployeeWellbeingMonth



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WELLBEING FOR NOW



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SUPPORT



EVERY ONE. EVERY DAY. EVERY WAY.



RECHARGE



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